

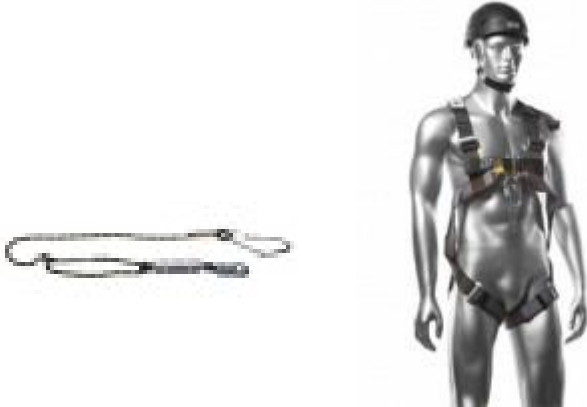
# Full Body Harness & Lanyard – Instructions for Use

HireKING

## SAFETY FIRST

If you are collecting the equipment for someone else, please make sure this sheet is given to the equipment user to read. This sheet should be given to the site supervisor if the equipment is being hired for commercial use so that the information is available to all users. Before starting any job, be sure to spend a few minutes planning and understanding the hazards and risks of the activity and determining how you will control them to prevent injury or damage.

**Note: This safety and instruction sheet is on the main machine only, you will be issued with additional sheets for the attachments you have.**



### Pre-Use Checks and Safety: Lanyard

- Fully inspect harness webbing for cuts, tears, burns
- and abrasion damage, especially where there is contact with hardware
- Check for damage due to contact with heat, paint, solvents or corrosives
- Ensure the absorber pack is intact (not deployed/used) and showing no sign of damage due to rotting, mildew or ultraviolet exposure
- Ensure the lanyard is adjusted to its shortest length possible to prevent the user from reaching zones where the risk of a fall from height exists

### Warning

**The harnesses aren't designed to constantly support the weight of a person for a period. In the event of a fall the user must be rescued as soon as possible.**

**Always have a rescue plan ready should it be required. In the event of a fall the harness should be withdrawn from service immediately!**

### Pre-Use Checks and Safety: Harness

- Fully inspect harness webbing for cuts, tears, burns, abrasion, and damage due to contact with heat, paint, solvents etc.
- Check Harness has current compliance certification
- Fully inspect stitching for broken, cut or worn threads plus damage or weakening of threads from rotting, mildew or ultraviolet exposure
- Inspect snap hooks, buckles, adjusters and "D" rings for distortion of hook or latch, cracks in forging folds (bends), wear at swivel and latch pivot points and open rollers. Also check for free movement of the latch including broken, weak or misplaced latch springs. Ensure it is free from dirt, paint, rust or other obstructions, check the double-acting latch opening and that a lock bolt is fitted to the latch on the harness end of the lanyard.

### Fitting the Harness

1. Pick up the harness by the metal "D" ring where the lanyard attaches (this ends up on your back between your shoulders)
2. Place legs through the two leg loops  
Place arms through the two arm loops
3. Connect the two chest straps together
4. Adjust the shoulder straps to bring the chest strap around your chest
5. Adjust the chest strap
6. Adjust the two leg straps
7. If required readjust all straps to get a comfortable fit but always make sure the chest strap remains around the chest
8. All straps should be comfortably tight while still permitting freedom of movement

### Working While in the Harness

- Connect lanyard to approved anchor points only
- Periodically re-check the straps for correct fitting
- Remember to always have a rescue plan ready should it be required

### Removing the Harness

- Loosen all adjustable straps
- Remove arms and legs from harness loops
- Store harness carefully and out of the elements

### CONTACT US

If you are having any difficulties with this piece of machinery/equipment, please contact us immediately on 0800 30 30 20 follow the options to General Hire.